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Friday FACTS

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10 November 2000

"Leadership, Partnership, and Championship"

Great American Smoke Out



The Military Health System <http://www.tricare.osd.mil> is supporting the GASO! The site has an article, information for commanders and public affairs, and downloadable posters!

Clinical Practice Guidelines

Dr. David Satcher, U.S. Surgeon General has released a new set of guidelines for primary care providers- Treating Tobacco Use and Dependence: A Clinical Practice Guideline. The development of the Guidelines was an effort of CDC, NIDA, NHLBI, AHRQ, Robert Wood Johnson Foundation and the University of Wisconsin Center for Tobacco Research and Intervention. Copies may be ordered by calling 800-358-9295 or downloading from www.surgeongeneral.gov/tobacco/default.htm.



MEMORANDUM TO DEPARTMENT OF DEFENSE PERSONNEL

As the Secretary of Defense, it is my responsibility to create the environment and foster leadership that will encourage all DoD personnel to choose a healthy lifestyle. One imperative is the avoidance of all tobacco products. Such products are harmful to the individuals who use them and can be harmful to their families, friends, and their communities. If you currently smoke or chew, try to quit. Seek out advice from your primary care provider or supervisor to determine how to get into tobacco cessation programs. I also strongly encourage your participation in the American Cancer Society's Great American Smokeout on November 16th.

I thank you for your constant dedication to excellence and vigilance in the protection of our country. Make the personal choice to be as fit and healthy as possible.

Colorectal cancers and DNA testing:

A new stool test for colon and rectal cancers is so accurate that it may reduce the need for colonoscopy or other invasive examinations. David A. Ahlquist, M.D., a specialist in gastroenterology at Mayo Clinic, Rochester, Minn., and colleagues used the technique, which detects DNA from abnormal cells in stool samples, to analyze the stools of 61 people. Twenty-two of those in the study previously had been diagnosed with colon cancer and 11 people had colon or rectal polyps -- tiny, benign clumps of cells in the intestinal lining that have the potential to develop into cancer. The test was positive in 91 percent of the colon and rectal cancers and 73 percent of the polyps, the researchers say. There were no false-positive results among the 28 people with normal colons. Dr. Ahlquist says the technique also may replace testing for blood in the stool to screen for colon and rectal cancer -- a method that is inaccurate 5 percent to 10 percent of the time. For more information on colon and rectal cancer, visit http://www.mayohealth.org/mayo/9703/htm/colo_3sb.htm

Teen smoking and nicotine dependence

Nicotine addiction can begin within days or weeks of smoking a first cigarette, even among occasional users, a new study indicates. One theory of dependence says that young people progress from the first cigarette to occasional use and then to increasingly heavy daily use before becoming dependent. For more information on young people and smoking visit the Stop Smoking Planner home page <http://www.mayohealth.org/mayo/9910/htm/smoke.htm>
<http://www.cdc.gov/tobacco/sgr4kids/sgrmenu.htm>